



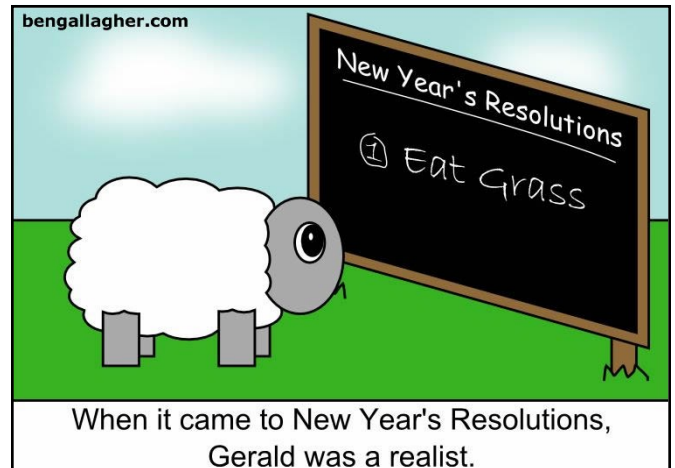
The Buzz on Health

Information for a healthier lifestyle

A New Year of Healthy Possibilities!

Are your New Year's resolutions in one year and out the other? Every year, *being healthy and fit* are two of the most popular New Year's resolutions. However, these resolutions are usually thrown out of the window after a few months. If health and fitness are on your list of January promises, here are five tips to help you keep those promises all year!

- 1. One resolution at a time.** Like Gerald the sheep, be a realist. So you want to lose 10 pounds, quit smoking, and work out every day starting January 1st. Those are great goals, but are they realistic? You have the whole year to start the changes you set out to achieve. Choose one goal to dedicate your time and energy on. What is a specific resolution that can help you lose 10 pounds over time?
- 2. Be Specific. Be realistic.** Plan activities that will help you achieve your resolution. Can you realistically do this activity? How often and how long will you be doing it?



Work Out Where You Work!

No time to make it to the gym before or after work? Well, you're in luck! The Spa mini-gym is only minutes away!

How to become a member in two easy steps:

1. Contact: Sergio Perez, Ph: 602-506-6773
Email: sergioperez@mail.maricopa.gov
2. Go through an orientation

Location:

4041 N. Central Building, 14th floor, Yucca Room

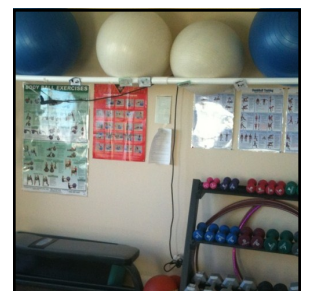
Hours of operation:

Dependent upon work badge restrictions

Cost: FREE!

Equipment:

Exercise balls, Workout videos (including P90X, Zumba, TaeBo), TV/VCR, Step platform, Free weights, Pull-up bar, Stretch bands, Workout bench, Medicine balls, Hula hoops, Yoga mats, Ab roller, Balance ball, Exercise tutorial posters, Stereo/CD player, & more!



- 3. Monitor your hard work and dedication.** Track your food intake and physical activity. You can keep a journal, excel sheet, or blog. Online tools like Myfitnesspal.com is a free program that allows you to track all of your food and physical activity for the day. If you have a Smartphone, you can download My Fitness Pal, and track everything on your phone. It can go wherever you go!
- 4. Find a buddy.** Having a support system, whether it is a co-worker, family member, friend, neighbor, or pet, will help you stay motivated and accountable.
- 5. The snowball effect.** See being healthy and fit as a lifestyle change, not a short-lived experience. If you miss a work-out day or had some junk food, don't be so hard on yourself. Celebrate the small victories that you have achieved over time. They add up!

Article by Minh Tieu, MPH

Resource: 365 Days of Healthy Eating From the American Dietetic Association